



The Carnivore

Ingredients

6 eggs
10 oz diced potatoes
4 oz cubed ham
2 oz chopped turkey bacon
3 oz chuck steak, sliced
1/4 cup Onions
1/2 Green Bell Pepper
1/2 cup Cheddar Cheese
Pepper

Directions

1. Dice or chop all of the meats and vegetables. (Here's the neat trick; use a food processor and all of this chopping can be done in less than a minute.)
2. Dump meats and vegetables into the Crock-pot.
3. In a small mixing bowl, mix eggs and spices and pour that into the bowl too.
4. Turn the Crockpot to low heat and leave it on while you go to sleep. You can thank me in the morning. (That's what she said. Right?)
5. Top with cheese a few minutes prior to serving.